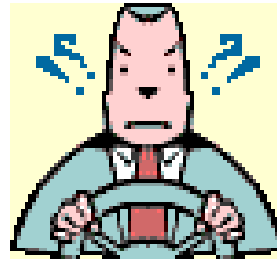


AGGRESSIVE DRIVING ON THE ROAD



What are YOUR driving habits?
Are you an aggressive driver?

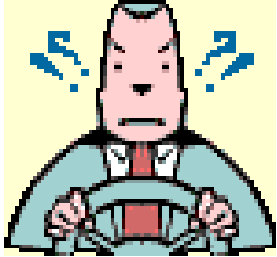
AGGRESSIVE DRIVING ON THE ROAD



More and more drivers have started acting out their anger when they get behind the wheel. After they've been cut off, tailgated, or slowed down by a vehicle in front of them, these angry drivers can commit incredible acts of violence -- including assault and murder.

(Cartoons by: IA DOT)

AGGRESSIVE DRIVING ON THE ROAD



Aggressive Driving Statistics

AAA Foundation of Traffic Safety studied more than 10,000 incidents of violent aggressive driving committed between 1990 and 1996, it found that at least 218 people were killed and another 12,610 injured when drivers got angry.

AGGRESSIVE DRIVING ON THE ROAD

What is Road Rage?

"Road Rage" is commonly defined as a societal condition where motorists lose their temper in reaction to a traffic disturbance.



There is no national definition for the term **AGGRESSIVE DRIVING ON THE ROAD**. However, it is commonly defined as a societal condition where motorists lose their temper in reaction to a traffic disturbance. In most cases, the traffic situations encountered are typical of today's normal driving conditions and higher traffic volumes.

"*Aggressive driving*" refers to an angry motorist attempting to intentionally injure or kill another driver because of a traffic dispute. Aggressive drivers react negatively and use their vehicles to retaliate by making sudden, threatening maneuvers. This makes **AGGRESSIVE DRIVING ON THE ROAD** a serious issue of traffic

AGGRESSIVE DRIVING ON THE ROAD

What Causes Aggressive Driving Behavior

Most aggressive driving behaviors are caused by the drivers' own moods and reactions when they get behind the wheel.



- Experts say aggressive driving behaviors are triggered by a variety of stimuli.
- Some are provoked by the actions of another driver.
- Others are set off by roadway congestion.
- But, most are caused by the drivers' own moods and reactions when they get behind the wheel.

AGGRESSIVE DRIVING ON THE ROAD

Aggressive Driver Profile



Persons who exhibit aggressive behaviors cross all age, race, socioeconomic and gender lines.

- The majority of perpetrators are males between the ages of 18 and 26.
- There is no one profile of an "aggressive driver".
- Relatively young, poorly educated males with criminal records, histories of violence and drug or alcohol problems.
- Recently suffered an emotional or professional setback.
- However, hundreds of others are educated men and women with no such histories.

AGGRESSIVE DRIVING ON THE ROAD

Definition of Aggressive Driving

Aggressive driving is driving under the influence of impaired emotions. There are three categories of impaired emotions:

- 1. Impatience and Inattentiveness**
- 2. Power Struggle**
- 3. Recklessness and Road Rage**



from [Aggressive Driving Prevention Training for Law Enforcement](#) by Leon James and Diane Nahl)

AGGRESSIVE DRIVING ON THE

Category 1: Impatience and Inattentiveness

ROAD

- Driving through red
- Speeding up to yellow
- Rolling stops
- Cutting corners or rolling over double line
- Blocking intersection
- Not yielding
- Improper lane change or weaving
- Driving 5 to 15 mph above limit
- Following too close
- Not signaling when required
- Erratically slowing down or



AGGRESSIVE DRIVING ON THE ROAD

Category 2: Power Struggle

- Blocking passing lane, refusing to move over
- Threatening or insulting by yelling, gesturing, honking repeatedly
- Tailgating to punish or coerce
- Cutting off in a duel
- Braking suddenly to retaliate



from [Aggressive Driving Prevention Training for Law Enforcement](#) by Leon James and Diane Nahl)

AGGRESSIVE DRIVING ON THE ROAD

Category 3: Recklessness and Road Rage

- Driving drunk
- Pointing a gun or shooting
- Assaulting with the car or battering object
- Driving at very high speeds



from Aggressive Driving Prevention Training for Law Enforcement by Leon James and Diane Nahl)

AGGRESSIVE DRIVING ON THE ROAD

	Name	Symptoms	Remedy
1	Obsessing about slow traffic	"At this rate we'll never get there", "I feel like I'm going backwards", "Now I'm stuck behind this slow driver" etc.	Leave earlier; Give up getting there on time; Distract yourself with radio or music; Admire the scenery; Practice yoga breathing
2	Feeling combative with self-righteous indignation	"This jerk just cut me off—gotta give him a piece of my mind", "I don't deserve to be pushed around" , "Nobody gives me the finger and gets away with it" "Nobody should fool with me and get away with it"; etc.	Make funny animal sounds; Make up some possible excuses for that driver; Think about your parents and children who might do the same thing; Think about being a saint
3	Feeling excessively competitive	"Damn, that guy made the light and I didn't", "How come that lane is faster than this one" , "Those pedestrians better watch out—I'm coming through" , etc.	Tell yourself it's just a habit from childhood to feel anxious about not winning, or being left behind; Remind yourself it feels good to be civil and helpful
4	Being over-critical	"Look at that idiot who forgets to turn off his signal" , "I can't stand it the way he slows down and speeds up, slows down and speeds up" , "How can he pay attention to the road if he's babbling on the phone"	Tell yourself it's human to make mistakes; Recall to yourself your own mistakes; Remind yourself that patience is a virtue; Try to maneuver your car away from that car
5	Love of risk taking	"I like to go fast, but I'm careful", "I can make this light if I speed up" , "I can squeeze into that opening if I time it right", "I can insult that driver 'cause I can get away fast" , etc.	Think of your loved ones and how they would feel if something happened to you; Tell yourself you prefer to be a mature and prudent person

AGGRESSIVE DRIVING ON THE ROAD

Common Motorist Irritants

- Obscene gesturing.
- Changing lanes without signaling.
- Blasting the horn.
- Frequently changing lanes by weaving back and forth.
- Tailgating to pressure a driver to go faster or get out of the way.
- Flashing lights in order to signal persons to move to another lane.



AGGRESSIVE DRIVING ON THE ROAD

How Can Motorists Protect Themselves?

Never underestimate the other driver's capacity for mayhem. Be patient and keep your cool in traffic. The best way to avoid being the target of an aggressive driver is to practice basic traffic courtesy:



- Do not make obscene gestures
- Use your horn sparingly
- Don't block passing lane
- Do not make obscene gestures
- Do not tailgate
- Don't switch lanes without signaling
- Avoid blocking the right-hand turn lane
- Don't inflict loud music on neighboring cars
- Do not take more than one parking space

AGGRESSIVE DRIVING ON THE Driving Etiquette ROAD

Remember some simple Rules of the Road to remember the next time you

- When driving, **pay attention to the task at hand**
- Do not stay in the left lane if you are going slower than the traffic to your right
- If you are not passing another car, remain in the right lane(s)
- If a car is approaching from the rear, flashing its lights, move over as soon as you are able
- Do not tailgate, leave a "2 second" space between you and the car ahead of you
- Do not slam on your brakes if a car is tailgating you



AGGRESSIVE DRIVING ON THE ROAD

Driving Etiquette

- Don't change lanes if there is a car in the target lane going faster than you
- Be courteous, if you can't make a move without obstructing others on the road... **don't do it!**
- Check around your car when changing lanes in order to do so safely
- When entering an interstate, speed up to match the speed of the oncoming traffic before trying to merge
- When leaving an interstate, slow down only when you are totally in the deceleration lane
- When moving into a turn lane, wait until you are in the lane to brake
- When driving behind someone make sure your high beams are off

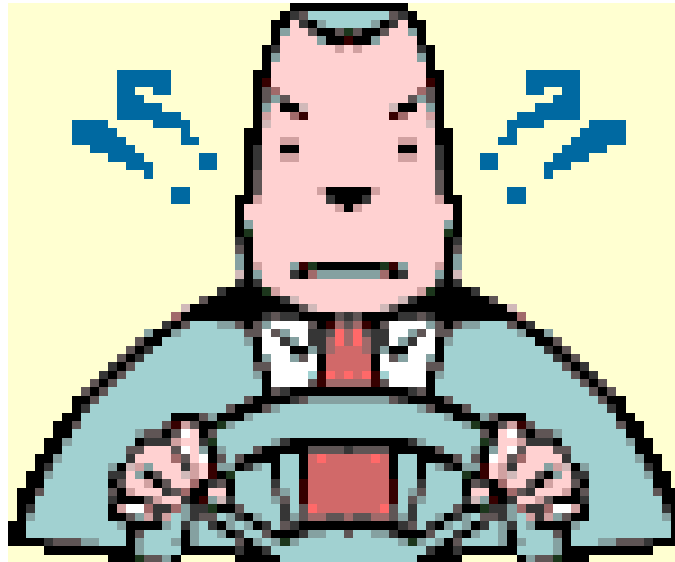


AGGRESSIVE DRIVING ON THE Driving Etiquette ROAD

- Green means **GO**
- Red means **STOP**
- Blue means **MOVE TO THE RIGHT** (and if it follows you, it means you're screwed)
- Use your blinker to signal a lane change, or a turn
 - Do not forget to turn off your blinker
 - When encountering a funeral procession, pull over to show respect for the deceased (unless you know the SOB, that is)
 - And finally for all you tourists out there in happy-go-lucky land, plan your trip before you leave home so you know



AGGRESSIVE DRIVING ON THE ROAD



What are YOUR driving habits

A woman in a military uniform, wearing a camouflage beret and a green jacket, looks directly forward with a serious expression. In the background, two men in similar military uniforms and berets are visible, but they are out of focus. The scene appears to be outdoors with green foliage in the background.

**Do it right --
FOR**